



Strong minds. Strong bodies. Strong schools.

A partnership of the RI Departments of Education and Health
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thrive report

Vol. 1, Number 9, November 2007

November Issue: Food Safe Schools

Core Issue: [Food Safe
Schools Program in Rhode
Island](#)

[Fresh from the Field](#)

thrive by the numbers

26,334 Number of teachers, students, parents, and food service staff in RI who attended a thrive/Kids First food safety workshop.

20 Number of seconds to scrub with soap and warm water when you wash your hands.

76 Number of millions of people each year who have a foodborne illness.

165 Degrees Fahrenheit to which any reheated food should be brought.

2006 The year each school was mandated to have two food safety inspections per year and

November's Focus: School Food Safety

Welcome to the November edition of the *thrive report* that focuses on school food safety.

While the food supply in the United States is one of the safest in the world, the Centers for Disease Control estimates that 76 million people get sick, 325,000 are hospitalized, and 5000 Americans die each year from foodborne illness. Preventing foodborne illness is a major public health challenge. Young children, in particular, are at high risk for foodborne illness. The students, who ultimately consume the food, must rely on the food safety practices of parents, caregivers and teachers

Today more than 96,000 schools serve lunch to over 27 million children each day. In addition to the lunch programs, classrooms participate in snack programs and celebrations. Snack programs can include snacks sent from home or provided in school by either teachers or other parents. Celebrations consist of birthday parties, or holiday celebrations such as the "First Thanksgiving". Many Rhode Island schools continue to celebrate the "First Thanksgiving" by preparing an entire Thanksgiving feast on school premises. While these can be delicious, they can also be dangerous from a food safety standpoint. There is, however, a food safe way to still enjoy the feast!

Let's Talk Turkey, *Just Remember:*

1. **Hand washing** is the single most important way to prevent the spread of disease including foodborne illness. Today and everyday, wash your hands with soap and warm water, scrub for 20 seconds followed by rinsing and drying with a disposable paper towel. Encourage others to wash frequently,
2. **Keep Cold Foods Cold and Keep Hot Foods Hot,**
3. **Use a calibrated thermometer to check for doneness.**
4. **Fight Bacteria: Clean, Cook, Chill, and Prevent Cross-Contamination**

have food safety plans for the cafeteria.

41 - 135 Degrees F: "Temperature Danger Zone". Keep cold foods cold and hot foods hot.

Sources: [Centers for Disease Control](#); [Kids First RI](#); [Centers for Disease Control](#); [NSF International](#); [USDA, Food & Nutrition Services](#); [USDA, Food Safety & Inspection Service](#)

School Safety Links

[thrive - Food Safety](#)

[National Coalition for Food Safe Schools](#)

[USDA - Food and Nutrition Services](#)

[RI School Food Safety Education](#)

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© thrive report
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The *thrive report* can be found at www.thriveri.org/report.html

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Thanksgiving is a time to celebrate with family, friends, and food! Celebrate with *safe food* at school & home. Happy Thanksgiving, from everyone on the **thrive** team!

Reference: [The White House, National School Lunch Week, 2000](#)

The Core Issue: Food Safe Schools Program in Rhode Island

We are thankful for the *Food-Safe Schools Action Guide*, a roadmap to create a food safety plan for the whole school. The Food-Safe Schools Action Guide is a multifaceted implementation tool comprised of a variety of products specially designed to help school staff in their efforts to make their school food-safe. The [Food-Safe Schools Action Guide](#) can help schools identify gaps in food safety and develop an action plan for becoming food-safe. Schools in every RI school district have Action Guides and there are greater than 60 *Food-Safe Schools*.

RI Food-Safe School Criteria

1. Food Safety practices for food prepared and served in cafeteria.
2. Food Safety practices for food prepared and served in classrooms.
3. Food brought from outside is safe (send home fact sheets) and safely stored (provide a place) until served.
4. Effective hand cleaning program.
5. Effective food safety education for staff, teachers, students, and families (in curriculum).
6. Effective food safety training (food service, teachers, staff)
7. Active leadership for promoting food safety (planning group, meetings, workplan, policies)
8. Rapid response system for dealing with foodborne illness (written policies, guidelines, crisis plan)

The Action Guide was designed in Rhode Island and serves as a model for schools across the nation; all 50 states have Action Guides and many have Food-Safe Schools. Call [Kids First](#) to receive one: (401) 751-5403.

Many [RI District Health and Wellness Subcommittee](#) Policies include food safety. Does yours?

Fresh from the Field

Submitted by Deb Svitel, RN, Certified School Nurse Coordinator, Cranston Public Schools

Should you wash an orange before you peel it and eat it? Yes of course you should. This is one of many interesting facts that participants learn in educational program offered by Kids First.

As Program Supervisor of Nursing Services in Cranston Public Schools, I have invited Kids First to provide Food Safety Education Workshops to our faculty and staff. The work shop begins with a brief introductory, interactive lesson. Then, participants move

around the room to numerous work stations where they complete different food safety activities. They learn that safe food handling practices must be observed during food preparation, serving and storage. Incorporated into the entire program are tips on good nutrition, healthy eating, and food pyramid facts. Participants are given ideas for health lessons appropriate for the grade level at which they are currently teaching. The participants always enjoy the special healthy treat that was prepared during the workshop. In addition, they enjoy prizes that are awarded to winners of the informal contests held during the workshop. Folders containing food safety facts, materials, and resources are provided for each participant.

I highly recommend this program to all audiences. The workshops are fun, informative, interactive and enlightening, and are provided with the intentions of promoting safe food handling practices in an effort to reduce the incidence of Food Borne Illness.

To share your first-person success stories in "Fresh from the Field," please email Annemarie.Silvia@ride.ri.gov.

As always, we welcome and encourage your feedback about **thrive**, Rhode Island's Coordinated School Health model. Please email us at rosemary.reilly-chammat@health.ri.gov or midge.sabatini@ride.ri.gov.

Sincerely,

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